

Coupon Variation for the Post and Courier 10/01 below. You will get (3) inserts in your paper.

Be on the lookout for:

(2) Red Plum

(1) Smart Source

Red Plum 10/01

\$2 off Abreva product (exp 12/31)

\$1 off ACT kids item, excl trial size (exp 11/12)

\$1 off ACT product, excl trial size (exp 11/12)

\$2 off ACT product, 33 oz+ (exp 11/12)

\$3 off Advil PM product, 80-ct+ (exp 10/8)

\$3 off Advil product, 160-ct+ (exp 10/8)

\$1 off Advil regular 40-ct+ or PM 20-ct+ (exp 11/1)

\$4 off Allegra Allergy 24HR item, 24-ct+ (exp 10/28)

\$4 off Allegra Children's Allergy item (exp 10/28)

\$3 off Allegra-D Allergy & Congestion item (exp 10/28)

\$2 off Always Discreet incontinence liner, excl trial size (exp 10/14)

\$3 off Always Discreet incontinence pad, excl trial size (exp 10/14)

\$3 off Always Discreet underwear, excl trial size (exp 10/14)

\$2.50 off Anchor Hocking food storage set, 12-piece + (exp 11/2)

.50/1 Anchor Hocking measuring cup, 16 oz+ (exp 11/2)

\$1 off Anchor Hocking single rectangular or square baking dish (exp 11/2)

\$2 off Barbasol Ultra 3 (4 ct) or Ultra 6 Plus *3 ct Razor (Exp 10/31)

\$1 off Barbasol Pivot Twin 10 ct Razor (exp 10/31)

\$1 off Brawny paper towels, 3, 6 or 8 roll (exp 11/1)

\$2 off Breathe Right product (exp 11/11)

\$3 off Caltrate calcium & vitamin d3 supplement (exp 10/15)

\$1/4 Canine Carry Outs dog snacks (exp 11/26)

\$3 off Centrum multigummies or vitamins, 60-ct+ (exp 10/16)

\$3 off Centrum regular or silver 60ct+, excl multigummies and Vitamins (exp 10/16)

\$1/2 Cheez-It snacks, 7 oz+ (exp 11/12)

\$1 off Chobani Smooth, 2-pk (exp 12/3)

\$2 off Clairol hair color, excl color crave, age defy and trial (exp 10/14)

\$5/2 Clairol hair color, excl color crave, age defy, balsam, textures & tones and trial (exp 10/14)

.75/1 College Inn Broth or Stock 32 oz (Exp 12/9)

\$1 off Community Coffee bag, K-cup box (exp 11/30)

\$3/2 Community Coffee Bags or K-Cups (exp 11/30)

\$1 off Cortizone 10 product, 1 oz+ (exp 12/3)

\$1/2 Dial or Tone body wash, or bar soap 6-bar+, excl trial size (exp 10/22)

\$1/2 Dial or Tone foaming hand wash, liquid hand soap refill, or bar soap 3-bar+ (exp 10/22)

\$4 off Dove or Degree or Axe deodorants or dry spray, buy (1) male AND (1) female item, excl trial size (exp 10/14)

\$1 off Emergen-C product, 8-ct+ (exp 11/19)

\$3 off Ester-C Effervescent (exp 11/30)

\$2 off Ester-C product (exp 11/30)

Free Febreze ONE refill up to \$4.29, WYB (1) Febreze ONE sprayer mist, excl trial size (exp 10/28)

\$3/2 Garnier Fructis shampoo, conditioner or treatment, excl 2-3 oz (exp 10/28)

\$2 off Garnier Nutrisse item (exp 10/28)

\$2 off Garnier Olia oil-powered haircolor (exp 10/28)

\$2 off Garnier SkinActive item, excl trial and masks (exp 10/28)

\$1 off Gold Bond anti-itch item, 1 oz+ (exp 12/3)

\$1 off Gold Bond cream or lotion, 2.4-8.1 oz (exp 10/29)

\$1.50 off Gold Bond Eczema, Psoriasis, Diabetic's, Rough & Bumpy, Neck & Chest, Dark Spot Minimizing or 13 oz Strength & Resilience, excl hand creams and 1 oz (exp 10/29)

\$1.50 off Gold Bond lotion 13 oz+, excl hand creams (exp 10/29)

\$2 off Got2b style product, excl trial size (exp 11/4)

\$1 off IcyHot or Aspercreme, Capzasin, Sportscreme, Arthritis Hot or Flexall product, excl 1-ct patches and 1.25-1.75 oz creams (exp 11/30)

\$5 off IcyHot Smartrelief pain therapy kit, excl refill kit (exp 11/30)

\$1/2 International Delight coffee creamers pint, quart or 48 oz, or One Touch latte (exp 11/30)

\$1 off International Delight One Touch latte (exp 11/30)

.55/1 Jimmy Dean breakfast item, excl single serve sandwiches (exp 10/29)

.75/1 Jimmy Dean frozen product, excl single serve sandwiches (exp 10/29)

\$4/2 L'Oreal hair expert shampoo or conditioner products, excl 3 oz (exp 10/21)

\$2 off L'Oreal hair expert shampoo, conditioner, treatment or advanced hairstyle product, excl 3 oz (exp 10/21)

.55/1 Land o Lakes eggs Cage Free or Organic (exp 1/1/18)

.55/1 Land O lakes eggs any variety (Exp 1/1/18)

\$1/2 Mars Skittles, Starburst, LifeSavers gummies or variety fun size bags, 7.5 oz+ (exp 10/31)

\$2 off Maybelline foundation or concealer item (exp 10/28)

\$1 off Maybelline shadow or liner item (exp 10/28)

\$3/3 Maybelline The Colossal Big Shot Mascaras, excl mini or travel size mascaras (exp 10/28)

\$1 off MET-Rx (2) bars, or (1) bar value pack or (1) 4-pk protein shakes (exp 11/30)

\$1/2 Milk-Bone dog snacks (exp 11/26)

\$1/2 Milo's Kitchen dog treats (exp 11/26)

\$3 off Naphcon-A eye drops, 5-ml+ (exp 10/28)

\$1 off Nature Nate's product (exp 12/31)

\$3 off Nature's Bounty cardio-health (exp 11/30)

\$2 off Nature's Bounty Optimal Solutions item (exp 11/30)

\$1 off Nature's Bounty vitamin or supplement (exp 11/30)

\$2 off Nature's Recipe dry dog food (exp 11/26)

\$2 off Nexium 24HR product (exp 11/26)

\$7 off Nexium 24HR product, 42-ct (exp 10/8)

\$5 off Opti-Free Opti-Free Puremoist, Clear Care or Clear Care Plus solution, twin packs (exp 10/28)

\$3 off Opti-Free or Clear Care or Clear Care Plus solution 10 oz+, or Opti-Free rewetting drops 10-ml+ (exp 10/28)

\$5 off Osteo Bi-Flex Ease, 28-ct+ (exp 11/30)

\$5 off Osteo Bi-Flex product, 70-ct+ (exp 11/30)

.55/2 Pioneer Gluten Free Gravy mixes (exp 12/3)

.55/2 Pioneer gravy mixes (exp 12/3)

\$2 off Polident denture cleanser tablets, 84-ct+ (exp 10/29)

\$3 off Probiogen product (exp 12/31)

\$5 off Probiogen product (exp 11/30)

\$7 off Probiogen product (exp 10/31)

\$1/2 Pup-Peroni dog snacks (exp 11/26)

\$1 off Pure Protein (2) bars, or (1) shake or bar multipack (exp 11/30)

\$3 off Pure Protein powder, 1-lb+ (exp 11/30)

\$4 off Pure Protein powders item (exp 11/30)

\$1 off Purex liquid or powder detergent (exp 11/1)

\$2 off Pure Silk 3 (4 ct) or Contour 6 (3 ct) Razor (exp 10/31)

\$1 off Pure Silk Pivot Twin (10 ct) Razor (exp 10/31)

\$3 off Purina Cat Chow Naturals 6.3 lb + (Exp 1/31/18)

\$1.50 off Purina Cat Chow 6.3 lb + (exp 1/31/18)

B4G2 Renuzit Adjustables air freshener cones, up to \$2.20 (exp 10/15)

\$1 off Renuzit Pearl Scents air freshener (exp 10/15)

\$1 off Robitussin or Dimetapp or Advil children's product (exp 10/29)

\$1 off Robitussin product (exp 10/29)

\$5/2 Robitussin regular or children's, or Dimetapp, children's Advil, Advil Cold & Sinus or Advil Sinus Congestion & Pain products (exp 10/15)

\$2 off Schwarzkopf Gliss hair repair product (exp 10/22)

\$5/2 Schwarzkopf Gliss hair repair products (exp 10/22)

\$1 off SheaMoisture bar soap (exp 12/31)

\$2 off SheaMoisture bath & body item, excl bar soap, single use packets and trial (exp 12/31)

\$2 off SheaMoisture hair care item, excl single use packets and trial (exp 12/31)

\$1/2 Skittles or Starburst, Life Savers, Gummies or Variety Fun Size Bags, 7.5 oz+ (exp 10/31)

.50/1 Soft Scrub 4-in-1 product (exp 10/21)

.50/1 Soft Scrub product, 20 oz+ (exp 10/21)

.50/1 Stainmaster carpet pet stain remover or high traffic cleaner, 13 oz (exp 11/27)

.75/1 Stainmaster carpet stain remover, pet stain remover or regular or pet high traffic cleaner, 22 oz+ (exp 11/27)

\$1 off Stainmaster Hardwood floor cleaner, 22 or 27 oz (exp 11/27)

\$1 off Stainmaster Multi-Surface floor cleaner, 22 or 27 oz (exp 11/27)

\$1 off Stonefire product (exp 12/31)

\$2/2 Sundown Naturals adult gummies (exp 11/30)

\$1 off Sundown Naturals vitamin or supplement (exp 11/30)

\$1.50 off Super Poligrip product, 2 oz+ (exp 10/29)

\$5 off Systane eye drops, 5-ml+ (exp 10/28)

\$2 off ThermaCare product, 2-ct+ (exp 10/15)

\$1 off Tyson Chicken Nuggets, bag (exp 12/24)

\$1.50 off Tyson Chicken Strips or Any'tizers snack items, bag (exp 12/24)

\$1.50 off Tyson frozen Grilled & Ready or Naturals items, bag (exp 12/24)

\$3 off Zadiator eye drops, 5-ml+ (exp 10/28)

Smart Source 10/01

\$2 off 4 Way fast acting nasal spray (exp 10/28)

\$2 off Air Wick Freshmatic ultra pure refill (exp 10/29)

\$2 off Air Wick Freshmatic ultra refill (exp 10/29)

\$1.50 off Air Wick pure aerosol (exp 10/29)

\$1.50 off Air Wick scented oil twin or triple refill (exp 10/29)

\$1 off Ban roll-on deodorant, excl trial size (exp 10/29)

\$1 off Ban solid deodorant (exp 10/29)

\$2 off Bausch+Lomb Biotrue contact lens solution, 10 oz+ (exp 11/18)

\$4 off Bausch+Lomb Biotrue twin pack contact lens solution (exp 11/18)

\$4 off Bausch+Lomb Preservision (exp 12/31)

\$4 off Bausch+Lomb Preservision Areds 2 formula + multivitamin (exp 12/31)

\$2 off Bausch+Lomb Soothe lubricant eye drops (exp 12/1)

\$5/2 Bausch+Lomb Soothe lubricant eye drops (exp 12/1)

\$4 off Beano product, 100-ct (exp 10/28)

\$1 off Biore cleanser, excl Pore Strips & trial size (exp 11/12)

\$1 off Biore pore strips, excl cleansers & trial size (exp 11/12)

\$2/2 Blue Diamond almonds, 5 oz bags or 6 oz cans (exp 12/3)

\$1.50/2 Blue Diamond almonds, 5 oz bags or 6 oz cans (exp 12/3)

\$1 off Blue Diamond almonds bag, 12 oz+ (exp 12/3)

.75/1 Campbell's Well Yes! Soup (exp 11/26)

\$1 off Celestial Seasonings tea, excl K-cup pod boxes (exp 12/31)

\$5 off Clear Eyes Preservative Free Pure Relief item (exp 10/28)

\$1/2 Clorox and Liquid-Plumr and Pine-Sol products, excl trial sizes and pen (exp 10/31)

\$1 off Colgate 360 or floss-tip manual toothbrush, excl Plus, Triple Action, Extra Clean or Classic Clean (exp 10/14)

\$1 off Colgate mouthwash or mouth rinse, 200-ml+ (exp 10/14)

\$1 off Colgate Total, Optic White, Enamel Health or Sensitive toothpaste, 3 oz+ (exp 10/14)

\$4 off Curel Hydra Therapy Wet Skin moisturizer, 8 or 12 oz, excl trial size (exp 11/26)

\$1.50 off Curel product, 6 oz+, excl trial size (exp 11/26)

\$½ Dannon Light and Fit with Zero Artificial Sweeteners 4 pks or any (5) singles (Exp 11/11)

\$2 off Debrox product (exp 10/28)

\$2 off Depend product, 8-ct+ (exp 10/28)

\$2 off Depend Real Fit or Silhouette items, 8-ct+ (exp 10/28)

\$2 off Depend shields or guards for men or bed protectors, 8-ct+ (exp 10/28)

\$1/2 Dole 100% juice product, 59 oz (exp 11/26)

\$3 off Dr. Scholl's Athletic Series insole, \$8.95+ (exp 10/29)

\$3 off Dr. Scholl's Comfort & Energy insole, \$8.95+ (exp 10/29)

\$3 off Dr. Scholl's Pain Relief orthotics or custom fit orthotics, \$8.95+ (exp 10/29)

\$2 off Dr. Scholl's Stylish Step insole, \$7.95+ (exp 10/29)

\$2 off Ecotrin product 125-ct, or Low Strength 150-ct (exp 10/28)

\$2 off Efferdent product, 78-ct+ (exp 10/28)

\$5/2 Ensure multipacks (exp 11/26)

\$½ Evian Single Serve Drinks or (1) Multipack (Exp 11/11)

\$1 off Farm Rich Special Edition snack, frozen (exp 12/23)

.50/1 Finish dishwasher cleaner or detergent booster (exp 10/30)

.50/1 Finish jet dry rinse aid (exp 10/30)

.50/1 Finish Max in 1 (exp 10/30)

\$1 off Finish Quantum Max (exp 10/30)

\$1 off Fisher recipe nut item, 10 oz+ (exp 11/30)

.40/1 Fleischmann's Yeast (Exp 11/14)

\$4 off Florastor product, 20-ct, kids 20-ct sachet or max 30-ct sachet (exp 12/31)

\$6 off Florastor product, 50-ct, plus 30-ct or pre 30-ct (exp 12/31)

\$1 off Frank's RedHot Sauce, 12 oz (exp 12/1)

\$5 off FreeStyle Precision Neo Meter (exp 12/3)

\$2/2 Glucerna multipacks (exp 11/26)

.75/3 Helper or Ultimate Helper skillet dishes (exp 10/25)

\$3/2 Huggies diapers, 10-ct+ (exp 10/28)

\$3/2 Huggies Little Snugglers, Little Movers or Overnites diapers, 10-ct+ (exp 10/28)

\$1/2 Huggies wipes, 56-ct+ (exp 10/28)

\$1.50 off Jergens moisturizer 8 oz+, excl soap and wet skin (exp 10/28)

\$1 off Jergens Natural Glow item, excl trial size (exp 10/28)

\$2 off Jergens Wet Skin moisturizer, 10 oz+ (exp 10/28)

\$3/2 John Frieda products, excl trial, appliances and tools (exp 10/28)

.50/1 Jolly Time pop corn, excl single microwave bags (exp 11/30)

.65/1 Jolly Time Simply Popped microwave popcorn (exp 11/30)

.40/1 Karo syrup, 16 oz+ (exp 11/14)

\$1 off Kauai coffee, any (exp 11/30)

\$1 off King Arthur Flour Essential Goodness mix (exp 12/31)

\$1.50/2 King Arthur Flour Essential Goodness mixes (exp 12/31)

80/2 Luck's Beans, cans (exp 11/30)

.60/1 Luck's Canned Fruit (exp 11/30)

\$5 off O-Cedar EasyWring spin mop & bucket system, or ProMist max spray mop (exp 11/30)

\$2 off O-Cedar EasyWring spin mop refill or ProMist max spray mop refill (exp 11/30)

\$2 off O-Cedar PowerCorner broom (exp 11/30)

.25/1 Palmolive Ultra dish liquid, 20 oz+ (exp 10/14)

.50/1 Palmolive Ultra dish liquid, 32.5 oz+ (exp 10/14)

\$2 off Phazyme product (exp 10/28)

\$1/2 Pictsweet Farms Southern Classics or Farm Favorites frozen vegetables (exp 11/30)

\$2 off Poise Impressa bladder supports sizing kit, or size 1, 2 or 3 6-ct+ (exp 10/28)

\$2 off Poise pads or liners, excl 14-26-ct (exp 10/28)

\$1 off Rachael Ray Nutrish dog treats bag (exp 11/26)

\$1.50 off Rachael Ray Nutrish dry cat food bag, 3-lb+ (exp 11/26)

\$2 off Rachael Ray Nutrish dry dog food bag, 3-lb+ (exp 11/26)

\$3 off Rachael Ray Nutrish wet cat food variety pack, or (12) individual tubs (exp 11/26)

\$3 off Rachael Ray Nutrish wet dog food variety pack, or (6) individual tubs (exp 11/26)

.50/3 Scotties facial tissues, (3) boxes, or (1) multi-pk (exp 11/4)

.50/1 So Right frozen entree (exp 12/31)

\$1.50/2 Summer's Eve external products (exp 10/31)

\$1 off Summer's Eve Simply product (exp 11/30)

.55/1 Sunbelt Bakery product (exp 12/31)

.50/2 Swanson Broths or Stocks, 32 oz (exp 11/26)

\$1 off Swanson Soup Maker Mix (exp 11/26)

\$3 off Tagamet product, 30-ct+ (exp 10/28)

\$2 off Theraflu product (exp 10/28)

\$2 off Theraflu severe cold & flu syrup or caplets (exp 10/7)

.50/1 Tic Tac Mints or Mixers, 1 oz single-pk (exp 1/10/18)

\$1 off Triaminic product (exp 10/28)

\$2 off Uristat product (exp 10/28)